

✓ PROTEIN PACKED

✓ FILLING

✓ EASY TO COOK AND  
ADD TO MEALS

# all about CHICKPEAS

Chickpeas can be used in just about any recipe!

Each ½ cup serving is packed with protein (7g) and fiber (6g), making them a filling addition to any meal.



## Let's Get Cooking!

Canned chickpeas are already cooked and ready to use! But if you have dry chickpeas on hand, cut down on prep time by cooking a batch and storing in the fridge or freezer to add to recipes all week long.



### Chickpea Sliders

**Total Time: 40 min Serves: 4**

2 Tbsp cooking oil      1 egg  
¼ cup sliced green onions      ½ cup grated cheese (any kind)  
6 mushrooms, diced      1 tsp granulated garlic  
2 tsp salt      2 Tbsp flour  
2 tsp black pepper  
1 Tbsp lemon juice  
1 (15 oz) can rinsed and drained chickpeas

Preheat oven to 400° F. Add 1 Tbsp oil to a large pan over medium heat. Add onions and mushrooms and sauté for 5 minutes. Add 1 tsp salt, 1 tsp pepper, and lemon juice. Sauté 2 more minutes. Remove from pan and set aside to cool. Add chickpeas to a medium bowl and mash with a fork until broken down. Stir in egg and mash till combined. Stir in mushroom mixture, cheese, garlic, 1 tsp salt, and 1 tsp pepper. Slowly sprinkle in flour and mix till well blended. Form into patties. Place patties on a baking sheet and refrigerate for 10 min.

Add 1 Tbsp oil to a pan over medium-high heat. Add chickpea patties, in batches, and cook for 4-5 min. per side. Remove from pan and place on a paper towel to drain off excess oil. Serve with your favorite burger toppings!



### Chicken Thighs with Roasted Chickpeas

**Total time: 45 min Serves: 4**

Chicken thighs      1 head of kale, washed, stems removed & chopped  
Salt & Pepper      4 Tbsp cooking oil  
2 cloves chopped garlic      1 tsp cumin  
1 (15 oz) can chickpeas, drained & rinsed      ½ tsp cayenne Lemon, cut into wedges

Preheat oven to 400° F and line a baking sheet with foil. Rinse and pat dry 4 chicken thighs. Season with salt, pepper, and garlic. Set aside.

Add chickpeas and kale to bowl. Drizzle with 1 Tbsp oil and sprinkle with salt, black pepper, cumin, and cayenne. Mix to coat. Place on baking sheet and roast for approx. 7 minutes or until crispy. .

While kale and chickpeas roast, add 1 Tbsp oil to a large pan over medium heat. Once hot, place chicken thighs skin side down in pan. Cook 4-5 min. per side, or until skin is crispy and internal temperature reaches 165°. Serve chicken thighs with roasted kale, chickpeas, and lemon wedges. Enjoy!



### Chickpea & Tuna Fritters

**Total time: 45 min Serves: 4**

1 (15 oz) can chickpeas - drained, rinsed & dried      ¼ cup relish  
2 cans tuna - drained      1 ½ tsp cayenne pepper  
½ cup mayonnaise      1 ½ tsp granulated garlic  
1 Tbsp mustard      2 lemon wedges  
¼ cup parsley - finely chopped      ¼ cup flour  
1 medium red onion, diced small      Salt & Pepper  
2 Tbsp cooking oil

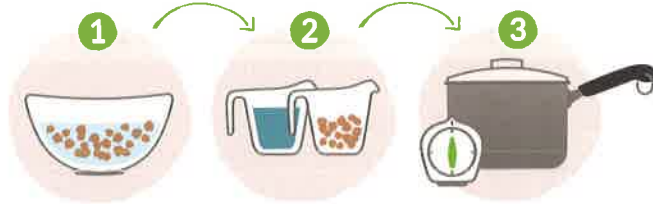
Preheat oven to 400° F. Smash chickpeas in bowl until completely mashed. Add tuna, mustard, mayo, parsley, onion, relish, cayenne, garlic, and juice from 2 lemon wedges. Mix well. Add salt and pepper to taste. Mix in flour until thick enough to form small patties that are 2-3" in diameter and ½" thick. Chill in fridge for 5-10 min.

Preheat large pan over medium heat. Add oil to pan and heat for 30 seconds, then add fritters to pan. Flip fritters once golden brown. Repeat process on other side. Remove from pan. Serve with tartar sauce.

# all about CHICKPEAS



## How to Soak and Cook Dry Chickpeas



\*Note: Canned chickpeas are already cooked. Just drain, rinse, and use!

### 1. Soak your chickpeas.

**OVERNIGHT SOAK:** Use three cups of cold water for each cup of chickpeas, let stand for 8–24 hours and drain.

OR

**QUICK SOAK:** Use three cups of cold water for each cup of chickpeas, boil 2 minutes, remove from heat, cover and let stand for one hour, drain.

### 2. Combine chickpeas and water, bring to a boil.

💧 For every cup of chickpeas, use 3 cups of water.

**TIP:** ½ cup dry = 1 cup cooked

### 3. Simmer for 1.5–2 hours.

## Easy Swaps

Looking for more ways to use chickpeas? Try these easy swaps!

	REPLACE THIS	WITH THIS
 <p><b>Pastas and Casseroles</b> Replace all or part of the chicken or turkey with chickpeas in pasta dishes and casseroles.</p>	PART OR ALL CHICKEN OR TURKEY	CHICKPEAS
 <p><b>Soups</b> Replace half of the cream or milk in hearty soups with pureed chickpeas to lower fat and increase protein and fiber. Thin with water to desired consistency.</p>	½ OR ALL CREAM OR MILK	PUREED OR MASHED CHICKPEAS
 <p><b>Sandwiches</b> Replace sandwich spreads like mayo with pureed chickpeas or hummus to cut fat, or mix them in with egg salad or tuna to stretch your dollar.</p>	MAYO	PUREED OR MASHED CHICKPEAS



## How to Store

### PANTRY

#### DRY CHICKPEAS

**Store Time:** Up to 1 Year

If stored for longer, chickpeas may require longer cooking times to soften.

#### CANNED CHICKPEAS (sealed)

**Store Time:** Several Years

**TIP:** Store dry and canned chickpeas in a dark, dry and cool place for lasting freshness.

### REFRIGERATOR

#### COOKED OR CANNED CHICKPEAS (opened)

**Store Time:** Up to 5 Days

Sealed in airtight container in cooking liquid or covered with water.

#### SOUPS, CHILI AND CURRIES

**Store Time:** Up to 5 Days

Store in sealed, airtight container.

### FREEZER

#### COOKED CHICKPEAS

**Store Time:** 6 Months

After chickpeas have cooled completely, drain any excess liquid and store in single-serving portions in sealed, airtight containers or freezer bags.

#### SOUPS, CHILI AND CURRIES

**Store Time:** 3–6 Months

Store in sealed, airtight container.

**TIP:** To thaw frozen chickpeas or meals, place in the refrigerator overnight to thaw, or warm over gentle heat just before eating.



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